Health & Wellness Doctor Visits for Your Child

1-866-329-4701
(TTY: 711)

IlliniCare.com
IlliniCare Health wants to help you make informed choices and help you stay on top of your child’s health. You can find information on healthy steps to take for your child and how to get a medical card or primary care physician are included in this packet. Once your child is signed up in the Medicaid program, he/she will be able to receive EPSDT services.

**What is EPSDT?**
EPSDT stands for Early and Periodic Screening, Diagnostic and Treatment. It is one of the largest preventive health programs for Medicaid members under 21 years of age. The EPSDT program covers all preventive health wellness visits at no cost to you. The program also covers the cost of early detection and treatment of any problems found during a wellness visit.

**Importance of Health and Wellness Visits**
It is important for children to visit their doctor regularly for checkups as recommended by the American Academy of Pediatrics. Some health problems can go unnoticed in children and are more likely to be discovered at a regular checkup with a doctor. You should schedule regular wellness visits instead of waiting until the child is sick.

Younger children need more wellness visits than adults do. These visits make sure they are growing properly and stay as healthy as possible. Babies need to see their pediatrician at least 8 times before turning 15 months of age. A checkup allows the child’s doctor to examine his/her physical and mental development, provide immunizations and address any problems or concerns in time to recommend the best treatment.
How often should my child visit the doctor for regular checkups?

Children should visit their pediatrician at the ages suggested by the American Academy of Pediatrics unless otherwise recommended by their pediatrician. These ages are:

- Newborn before leaving the hospital
- 3-5 days
- Before or at 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- 3 years– 20 years of age Annually
What to expect during a Wellness Visit

During the wellness visit, the doctor will complete services suitable to the age of the child, as well as other services that may address any specific concerns. These services can include:

- Health History Check
- Physical Development Screenings
- Mental Development Screenings
- Immunizations
- Laboratory Tests and/or Blood Tests (including lead screenings)
- Health Education
- Hearing and Vision Screenings

The Importance of Immunizations

As a parent, we know the most important part of your job is keeping your child healthy. Keeping your child healthy can be as simple as staying up to date with their immunizations. Immunizations or vaccines can protect against life-threatening diseases. If you would like to know more about vaccines, you can visit https://www.cdc.gov/vaccines/parents/vaccine-decision. We want you to be fully informed when you make the important decision of vaccinating your child.

TIPS TO REMEMBER ABOUT IMMUNIZATIONS

- If you are not sure about vaccinations, you can always speak to your child’s doctor for more information
- As children get older, they may need additional doses of vaccines they may have gotten while they were babies. This is completely normal
- To make sure your child stays protected, always ask the doctor about vaccines during a wellness visit
- Teens also need vaccines to protect against diseases they may be exposed to at a certain age. Be sure to talk to your child’s doctor as they continue to grow

Need some guidance? Please refer to the Immunization Chart within this packet so you can stay on track of recommended vaccines as your baby grows.
Hearing and Vision Screenings

Hearing and Vision screenings are also a covered service under the EPSDT Program. Many children go through childhood with untreated visual injuries or hearing issues that can develop after birth. Both problems can impact your child’s growth and performance. It is important that children get regular hearing and vision screenings to maintain the health of their eyes and ears!

The tables below are the best ages for hearing and vision screenings.
If you have any questions, you can always ask your child’s doctor.

### Vision Screenings

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<thead>
<tr>
<th>Age Group</th>
<th>How Often</th>
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<tbody>
<tr>
<td>3-6 years of age</td>
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<td>12 years of age</td>
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<td>15 years of age</td>
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### Hearing Screenings

<table>
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<td>16 years of age</td>
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Oral Health

Another covered service under the EPSDT Program is oral health screenings. They help prevent and treat tooth problems in children who complete their regular dental visits. Dental checkups are just as important as regular wellness checkups as they help prevent cavities and gum disease. Children should visit a dentist within 6 months of seeing their child’s first tooth and every 6 months after to keep their teeth and smiles bright and healthy!

Things to Remember

- All EPSDT Services are covered and there is no cost to you
- Maintaining and completing the recommended wellness checkups help you and the doctor make sure your child is growing healthy
- Uncovering any health problems while maintaining wellness checkups allows for treatment in a timely manner to obtain the best possible results

If you need help choosing a doctor or dentist for your child, making an appointment, as well as transportation or translation services, please contact Member Services at 1-866-329-4701 (TTY: 711). Interpreter services (including sign language) are also available at no cost.